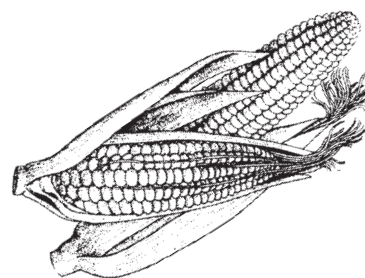


# CORN

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## Nutrition and Health...

Corn provides vitamin A, minerals and protein. Corn is a source of carbohydrates and food energy. One cooked ear contains 85 calories.

## Selection...

Top quality sweet corn ears have fresh green husks and are well filled with bright-colored, plump and milky kernels. Ears should be free of insect and disease damage. Husks and ears should glisten with moistness. Corn is overripe if indentions have formed in the kernels or kernel contents are doughy when broken.

## Storage...

For highest quality, use ears promptly. If fresh sweet corn is to be kept for any period of time, husk, immerse and hold in ice water and refrigerate at temperatures near 32°F.

## Preparation...

Boiling is the most common method of cooking corn. Place corn in enough unsalted, cold water to cover (salt toughens corn). Add 1 tablespoon sugar and 1 tablespoon lemon juice to each gallon of water, as desired. Heat to boiling, boil uncovered 2 minutes. Remove from heat and let corn stand about 10 minutes before serving. Season with butter, salt and pepper.

Corn can be steamed by arranging corn on steaming rack. Place rack in steamer over 1 inch of water. Bring to boil. Cover and steam for 10 minutes or until corn is tender crisp.

Some herbs that add interesting flavors to corn are basil, cayenne red pepper, celery seed, chili powder and rosemary.

## Recipes

### *Mexican Corn*

½ cup green chilies	2 cups whole kernel corn *
1 onion, chopped	
1 tsp chili powder	2 tbsp vegetable oil
1¾ cups stewed tomatoes	¼ cup grated cheese

Sauté green chilies and onion in oil. Add chili powder and tomatoes. Add corn and pour into baking dish. Bake for 30 minutes at 350°F. During the last 5 minutes, sprinkle the grated cheese on top.

### *Corn Chowder*

3 tbsp chopped onion	2 cups water
½ cup chopped celery	¼ tsp paprika
3 tbsp chopped green pepper	½ tsp salt
2 tbsp vegetable oil	3 tbsp flour
1 cup raw, peeled, diced potatoes	2 cups milk
	2 cups whole kernel corn *

Saute onion, celery and pepper in 2 tablespoons oil. Add potatoes, water, and spices, simmer until potatoes are tender. Mix flour with ½ cup of milk and add to potato mixture. Add the remaining milk with corn. Heat, but do not boil the soup.

### *Scalloped Corn*

2 cups whole kernel corn *	¼ cup minced green pepper
2 beaten eggs	
½ tsp salt	¾ cup cream
	Dry bread crumbs

Place in baking dish and sprinkle with dry bread crumbs or cracker crumbs. Bake at 325°F for 30 minutes.

\* Corn can be fresh, frozen or canned (drained).

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